

"Inefficiency in the management of municipal housekeeping wastes the human product. Women should know and realize that more than any one else I believe. There are the children to consider.

"When the community wakes up and takes hold of the city housekeeping, the poor, overburdened, much-instructed mother will have a fair chance to bring into the world and bring up healthy children.

"When party politics have been eradicated from municipal affairs and a few intelligent people take hold and do the next thing with the single thought of getting the best results for the community, the prevention of disease will be a simple matter."

FREEDOM OF THE PRESS

Editor Day Book.

Freedom of the press!

How our respected forefathers swelled their huge chests to the bursting point with pride, when they referred to the "free press" clause of our constitution.

It meant so much.

It was to be the making of a great country.

It was to build a new and magnificent nation.

We must admit that it has accomplished much.

But—

What has it developed into at the present day?

A farce!

An autocracy!

A curse!

Abuse of this so-called "freedom" is responsible.

It has developed into a gigantic game of Rule or Ruin.

Its purposes are selfish.

Its actions are disgraceful.

Its results are damnable.

It draws no line of distinction between good and evil, or between justice and right.

Its course is regulated by dollars, and dollars alone.

It discriminates to the extreme

limit by making meat of the prominent and ignoring the obscure.

It continually seeks to tear down and crush the man whom has encountered adversity, and toadies to be whom fortune chances to smile upon.

It truckles and crawls to the successful, but rants and raves at the unfortunate.

It has developed into the most gigantic game of graft in existence.

And still we tolerate it!

Why?

Because we are cowards!

Because we fear the venom which we know this free (?) press is capable of and continually does spit upon any person who dares to cross its path.

We have become a nation of subservient slaves to this mis-named free press.

Thank God that we occasionally find a publication which does not boast of its "free press" tendencies, but which strives to be a free press.

THE DAY BOOK is one of these few exceptions.

It ignores the tactics of the rightly termed "yellow journal," and gives its patrons all the news which is clean and wholesome.

It avoids sensationalism.

It is fair to all.

It seeks to build up, do good and not destroy.

Again, thank God!

Curt M. Treat.

Daily Healthogram.

A suitable diet for children which will tend to make constipation a thing of the past includes oatmeal and cream for breakfast, two or more green vegetables at dinner, stewed fruit at supper and whole wheat or graham bread with butter at all meals.

"May I see you across the street?"
"Certainly. That'll be fine. You stay on this side and I'll cross."—N. Y. World.